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Educating Nurses in Boston for 120 Years.



There will be a limited amount of tickets sold for this once in a lifetime event on May 9. Get yours before they sell out.

"I am looking forward to the event on May 9th in support of Labouré College and its mission to provide high quality education and prepare women and men for careers in health care. Labouré's commitment to diversity in both its student population and patient care is exemplary." - Coach Belichick

Turn the page for event details.

Learn more at **laboure.edu/COACH**

Dinner with COACH

All proceeds will support **Labouré College**

Educating Nurses in Boston for 120 Years.

May 9, 2013, 6:00 - 9:00 p.m. Granite Links Golf Club, Quincy

Join Boston comedic legend Lenny Clarke and famed sportswriter Bill Burt for a rare opportunity to get to know Coach Bill Belichick. Tickets will include a performance by Lenny, a Q&A session, your picture with Coach, dinner and a special gift.

There will be a limited amount of tickets sold for this event. Get yours before they sell out.

Proceeds from this event will fund the College's move from its current Dorchester home to its new campus at 303 Adams Street, Milton.

"We want to thank Coach Belichick for participating in this event and especially for supporting our mission and helping to shed light on the wonderful work we do here at Labouré."

- Maureen Smith, Labouré President

Labouré has been educating nurses in Boston for 120 years. Specializing in health care education the College offers degree and certificate programs in nursing and allied health. Labouré is known for its dedicated faculty, small class sizes and highly diverse student body. In keeping with its Catholic mission, Labouré provides opportunity for students to begin life-changing careers in healthcare.



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WE HEREBY DECREE 'M' IS A MUST-SEE

LANDRY'S PLAY ABOUT A PLAY HITS THE RIGHT NOTES. PAGE 10



metro

BOSTON Wednesday, April 24, 2013 www.metro.us | t: MetroBOS | f: MetroBoston

\$20M for One Fund

Donations pour in. Mayor Thomas Menino announces that 50,000 people around the world have donated \$20 million in one week to help marathon victims. **Suspect's condition improves.** Dzhokhar Tsarnaev's condition was upgraded from serious to fair as details about court proceedings and a possible motive begin to trickle in. PAGES 02-08



Alec Mikels cleans tables at Whiskey's Smokehouse on Boylston Street yesterday. / DAVID L. RYAN, THE BOSTON GLOBE

Businesses, residents return to Boylston Street PAGE 02

**Babymaking
is more than
just, well ...**

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**How to get
rid of that
migraine**

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weighing
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Investigation advancing as suspect's health improves

Terror probe.

Prosecutors scramble to build their case against suspect Dzhokhar Tsarnaev.

A day after a court hearing took place at his Beth Israel Deaconess Medical Center bedside, Dzhokhar Tsarnaev's condition was upgraded from serious to fair yesterday.

According to court records, the 19-year-old accused marathon bomber was shot in the head, neck, legs and hand.

While he recovers, federal prosecutors are working to build their case against him and potentially have him indicted. He has so far been charged in a criminal complaint with use of a weapon of mass destruction and malicious destruction of



Tsarnaev

property resulting in death.

As they prepare their case, prosecutors and law enforcement agents will have to pore over the large amount of tips and information that came in from the public during the manhunt.

Information that came in

The bedside hearing

Tsarnaev on Monday was charged before a federal magistrate who came to his bedside at Beth Israel Deaconess Medical Center. Due to his injuries, his communication was limited to nods and one-word answers.

- The 19-year-old terror suspect told the magistrate he understood his rights by "nodding affirmatively" and saying "no" when asked if he could afford a lawyer.

Quoted

"At this time, at the conclusion of the initial appearance, I find that the defendant is alert, mentally competent and lucid. He is aware of the nature of the proceedings."

U.S. Magistrate Judge
Marianne B. Bowler

pointed to assist in the defense.

The next court date set for Tsarnaev's case is May 30 for a probable cause hearing.

The wife of deceased suspect Tamerlan Tsarnaev, 26, is helping authorities, and her lawyer said she is in "absolute shock" that her husband and brother-in-law were accused of the deadly blasts.

Katherine Russell, 24, said she was caring for their 2-and-a-half-year-old daughter and working as a home health-care aide in the time leading up to the blasts. She is not considered a suspect.

The younger Tsarnaev has also reportedly told authorities the brothers acted alone, learned to build the pressure-cooker bombs over the Internet and were motivated by a desire to defend Islam.

MICHAEL NAUGHTON
and MORGAN ROUSSEAU
michael.naughton@metro.us

Quoted

Casey Affleck on bombings

"When something like this happens, I think it's very unsettling for people because there is no real immediately apparent reason. No one can understand why it happened and what has happened and what is the magnitude of it. ... It sort of sends people into a tailspin of not feeling totally safe where they live. It's a very sad situation. ... I think it will have longer lasting effects for the city," said actor and Massachusetts native Casey Affleck. He was at the State House yesterday to push for passage of legislation that will ban cruel "factory farming" practices, namely the forced confinement of pigs and cows in gestation crates, and he took a moment to comment on the Boston bombings.

The Copley comeback. Boylston Street area reopens to residents, biz

Residents and business owners began returning to Boylston Street yesterday, eight days after a pair of bombs exploded on the busy roadway and shut it down for a massive federal investigation.

Federal authorities symbolically handed over the six blocks along Boylston Street and near Copley Square to the city Monday evening with a ceremony that included Mayor Thomas Menino receiving an American flag that flew at half-staff near the Marathon finish line.

Boylston Street was reopening block by block yesterday. It

started with the block between Hereford and Gloucester streets at 10 a.m.

Residents and business owners were being allowed in with escorts. The city has deployed a response team to the area to help those impacted.

While some life is returning to the street, it is still unclear when the thoroughfare will be open to the public. A Menino spokeswoman said there's no timeframe on completely reopening the street.

The Copley Square MBTA station remains closed until further notice.

MICHAEL NAUGHTON

A phased process

On Sunday, Menino and city officials discussed a five-phase plan for reopening the Copley area.

- The city said it will have to decontaminate and test the area, assess structures for damage, remove debris, conduct internal

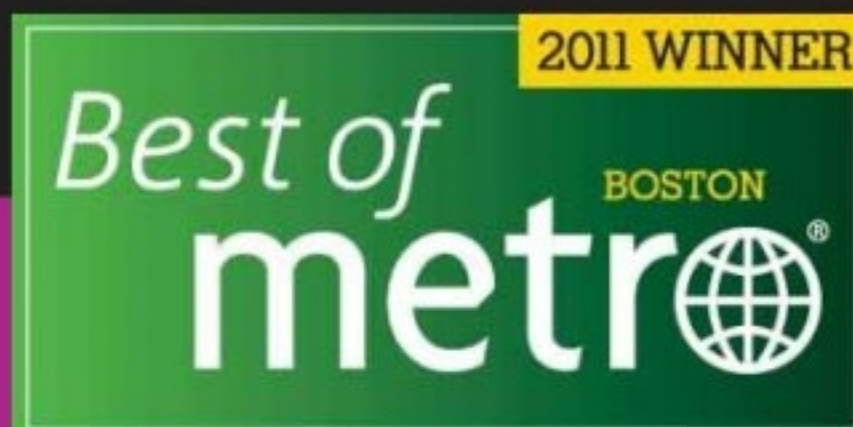
building assessments and offer counseling services before reopening to the general public.

- A Back Bay Association representative told State House News that, once reopened, businesses expect an influx of customers.



Slain MIT officer honored at funeral service

A private funeral service was held yesterday in Stoneham for slain MIT police officer Sean Collier, 27, who was killed Thursday night by alleged Boston Marathon terrorists Tamerlan and Dzhokhar Tsarnaev. MIT will host a memorial service today that is expected to be attended by Vice President Joseph Biden, as well as top MIT officials and police officers from across the nation. / BILL GREENE, THE BOSTON GLOBE



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Boston's recovery

Laser Salon offers free B-12 shots

Delete Tattoo Removal & Laser Salon said yesterday it will donate all proceeds from the sale of one of its treatment products to the support of One Fund Boston.

The salon is also giving out free B-12 shots to help revitalize residents. **METRO**

Victim's funeral

Martin Richard, 8, laid to rest

Eight-year-old Marathon bombing victim Martin Richard of Dorchester was laid to rest yesterday.

The Richard family released a statement saying that a private funeral had been held, and a public memorial service was being planned. **SHNS**



Richard / MARTIN FAMILY

Food for a cause

Grab some sushi to benefit the One Fund

Through May 15, sushi restaurant Haru on Huntington Avenue will donate 100 percent of the sales of its Boston unCommon and Back Bay specialty sushi rolls to the One Fund. **METRO**

Marathon blast recovery. Police try to reunite spectators with property

More than a week after the Boston Marathon bombings the recovery is underway, including the returning of items people left behind on Boylston Street and in Copley Square as spectators scattered after the explosions.

"People running for their lives dropped their purses, their wallets, whatever they were holding," said Boston police Sgt. Detective William Doogan.

Dozens of items are at Boston Police headquarters including strollers, backpacks and expensive photography equipment. Some items are still in the possession of federal authorities who are continuing to process evidence.

Mike Kincade went to headquarters yesterday to try to locate his cell phone, jacket and eyeglasses.

The 27-year-old Boston salesman was sitting on the patio of the Charlesmark Hotel when the explosions happened and "everyone just kind of scattered and went different places."

He said police did not

Lost an item?

- People who left items behind can call 617-635-4500, e-mail lostproperty.bpd@cityofboston.gov or visit police headquarters between 8 a.m. and 8 p.m. through Friday.

- Police are trying to contact the owners of items with identifying information, but that will not be possible in all cases.

have his items, but he wasn't frustrated.

Most people that police have heard from regarding the abandoned items haven't been frustrated, said Doogan.

"Everybody kind of realizes given the gravity of the situation that ... we're all doing the best we can to gather up what we have ... and get back to these people," he said.



MICHAEL NAUGHTON

michael.naughton@metro.us



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Mayor: One Fund donations reach \$20 million mark

Donors have given \$20 million to the One Fund, which was set up to support victims of the Boston Marathon bombings, Mayor Thomas Menino and Gov. Deval Patrick announced yesterday. About \$15 million has come from corporate donations. / NICOLAUS CZARENCI, METRO

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Coping. MBTA tips, city drop-in center are helping Boston recover

The MBTA has posted hundreds of coping tips to help commuters deal with emotional distress caused by the Boston Marathon bombings.

Riders are encouraged to spend time with family and friends, limit exposure to media, eat healthy and get enough rest.

One tip tells T riders to "be patient with yourself and others. It's common to have any number of temporary

stress reactions such as anger, frustration and anxiety."

Those unpleasant reactions also prompted the city to open a drop-in center for residents dealing with stress. The center, located at the Boston Area Health Education Center, will provide free emotional and mental health support as residents recover from last week's attack.

The counseling will be offered through Friday. **METRO/MR**

Capital punishment

Lawmakers talk death penalty

In the aftermath of the Boston Marathon bombings, some members of the House yesterday pressed to reinstitute the death penalty in Massachusetts. **SHNS**

Middlesex DA

Patrick names new DA

Gov. Deval Patrick yesterday appointed veteran assistant district attorney Marian Ryan as the new Middlesex district attorney, replacing Gerry Leone. **METRO**

Bus, subway ads urge speaking up for victims

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The ads ask people to "be a voice for justice." / SUFFOLK DISTRICT ATTORNEY'S OFFICE

Victims rights.

The outreach effort includes ads on 300 MBTA vehicles.

Federal authorities said that they received thousands of tips during the manhunt of the Boston Marathon bombers. And it's that type of outpouring and help that local authorities said they need on every case. "That's exactly the kind of cooperation we're looking for in all cases, whether it's a homicide, shooting or sexual assault," said Suffolk District Attorney Dan Conley. "Whenever these things happen in the city or county, there's almost always someone who saw what happened, who knows what happened or knows who is responsible." Conley, along with Boston

and Transit police, will try to spread that message across the city today during an event at the Ruggles MBTA station where they will hand out reusable bags. The bags will have the message "Be a voice for justice" printed on them. The effort is timed to take place during Nation Crime Victims' Rights Week. It includes advertisements on more than 300 MBTA buses and subway cars.



MICHAEL NAUGHTON

michael.naughton@metro.us

Quoted

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Dan Conley
Suffolk district attorney

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Bad tweet

Hackers seize AP Twitter feed, send fake explosion message

Hackers took control of the Associated Press' Twitter account on Tuesday and sent a false tweet of two explosions in the White House that briefly sent U.S. financial markets reeling.

AP spokesman Paul Colford quickly confirmed the tweet was "bogus," but within the minutes of the tweet hitting the Web, virtually all U.S. markets took a plunge on the false news in what one trader described as "pure chaos."

White House spokesman Jay Carney told reporters that President Barack Obama was fine soon after the tweet went out a little after 1 p.m.

Markets quickly recovered losses after the tweet was knocked down. Some traders blamed automatic electronic trading for the sharp fall and bounce back.

At a time when cyber-

security and hacking have become top national security concerns, Twitter and its reach to hundreds of millions of users is coming under growing scrutiny for the risk of data breaches on the site.

A group calling itself the Syrian Electronic Army, which is supportive of that country's leader, President Bashar al-Assad, yesterday claimed responsibility on its own Twitter feed for the AP hack.

The group, which creates new Twitter accounts every time the company suspends its old ones, has recently also claimed credit for similar hacks of Twitter accounts for National Public Radio, BBC and CBS's "60 Minutes" program, among others. **REUTERS**



Twitter / GETTY IMAGES

'WE ARE MARATHONERS'

Boston Marathon

MARISSA ELLIOTTE



I got up like any other morning and I made my children breakfast. And I thought of an 8-year-old boy who wasn't eating waffles because the day before he was at the 117th Boston Marathon.

My 3-year-old daughter picked up a pad and a pen and started to draw. I asked her what she was drawing.

"I drawing marathons. 'Cause Mamma runs marathons. And Mamma is brave."

Had I not fractured my hip during training, I would have been running Monday's race. I was gunning for a 4:10 finish. And that little girl who thinks I'm so brave would have been in the stands.

And the thought crushes me. My daughter, her father, my father — so close and so far from disaster.

I cried and cheered watching more than 20,000 people run and pant and struggle and persevere without me as jealousy and

genuine enthusiasm fought for first place in my heart.

I cried and shrieked and laughed when my close friend rounded the bend at mile 22 with Marissa written on her arm in black ink and my number — 24019 — stamped across her shoes.

But when I put together the odd sounds we'd heard just moments before I threw my arms around her sweaty neck with the frantic texts bombarding my phone — the same message, over and over: Are you okay? Where are you? — the tears wouldn't come.

Only a cold, dead, dry, silent numbness.

As a mother, I want to be the giver of answers. And today there are none.

But I will tell my children this.

We are marathoners. We are their friends and family. Whatever they managed to take from us, we will take it back. We will live for those who can't anymore and run for those whose worlds were shattered or shaken.

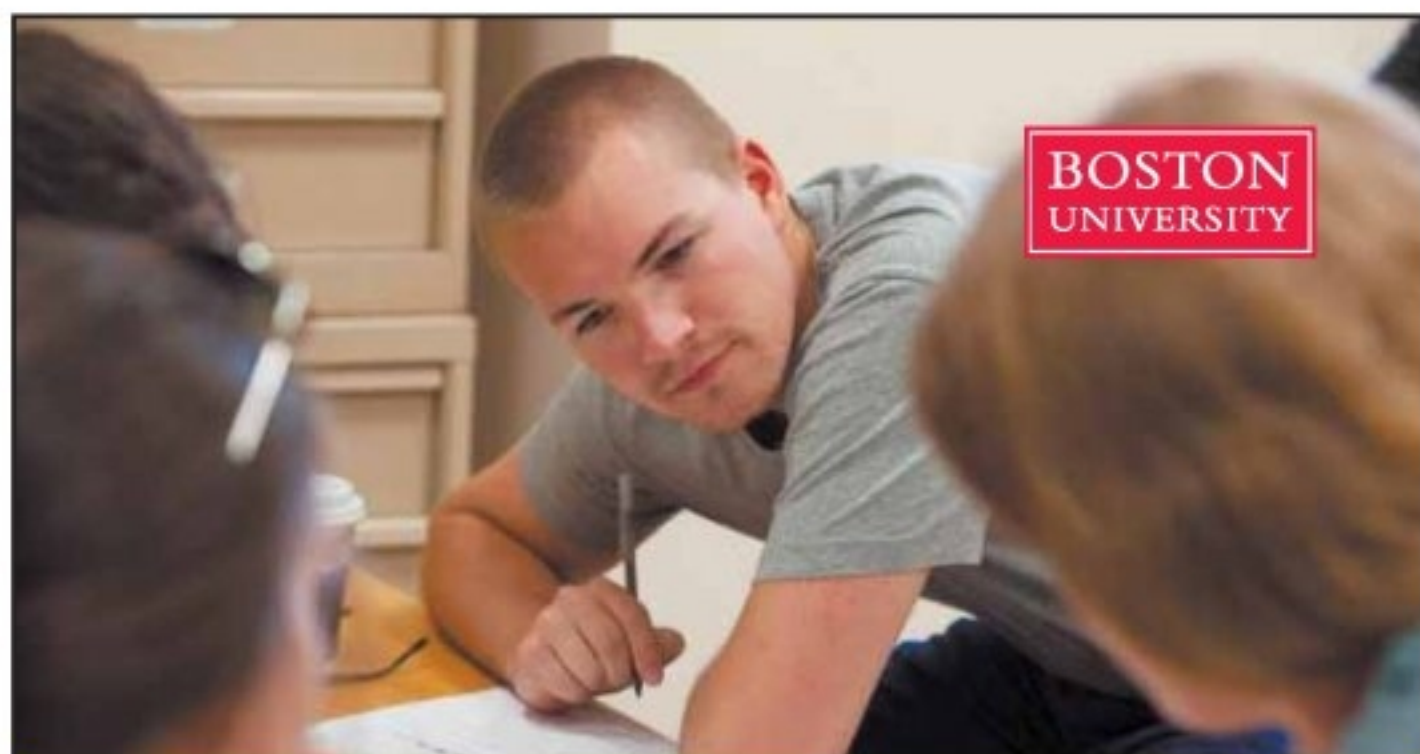
When I claimed my number on the Saturday before the race, even though I knew I could not run, some called it heroic — a gross over-billing.

But it is true that differences can, in fact, be made. It is in those little moments as much as the epic life-changing ones that courage can be born.

We run marathons because they ask us to give more than we are capable of giving, just as this life does with every single breath we take. It asks us to believe, to smile, to keep going, to forgive, to heal, to risk, to dream, to try again, to love and to be brave.

And so we get up. We go out and we see the expanse of sky. And we run.

Marissa Elliott is a wife and mother with two children under 4 years of age. She is a runner, a writer and an adjunct professor at Gordon College and North Shore Community College.



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1 Won't someone love Ryan Lochte?

Ryan Lochte is having a hard time finding love.

"I haven't been in a relationship in a year," the Olympian and star of the TV show "What Would Ryan Lochte Do?" says in the new issue of *In Touch*. "Every time I date someone, I end up getting hurt."

The problem, it seems, is thus: "I don't know if they're just after my fame and money or if they like me for who I really am."

But if he could find someone he really does like, what is he looking for? "A girl that's fun, classy and sweet who I



can have a conversation with," Lochte says. "If she can make me smile and laugh, I'm sold!"

My advice for his next potential love interest? Pretend to take his nose. He would be totally enamored.



Royal baby bump watch

Wearing a pretty, multicolored dress, Catherine, Duchess of Cambridge, showed off her growing baby bump at a visit The Willows Primary School, Wythenshawe, to launch a new school counseling program yesterday in Manchester, England. GETTY IMAGES

THE WORD

Dorothy Robinson's take on the world of gossip

DOROTHY ROBINSON

@dorothyatmetro
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2 Perry can touch the 'D' word

Katy Perry is getting more and more comfortable talking about her divorce from Russell Brand, even challenging a Hollywood Reporter staffer's classification of it as an "elephant in the room" as far as conversations go. "It's a very tiny elephant," she says. "It's like a little tchotchke now. The big D — you can say it." Brand filed for divorce from Perry in December 2011 after 14 months of marriage.



CULTURE

Twitter feed

We're checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

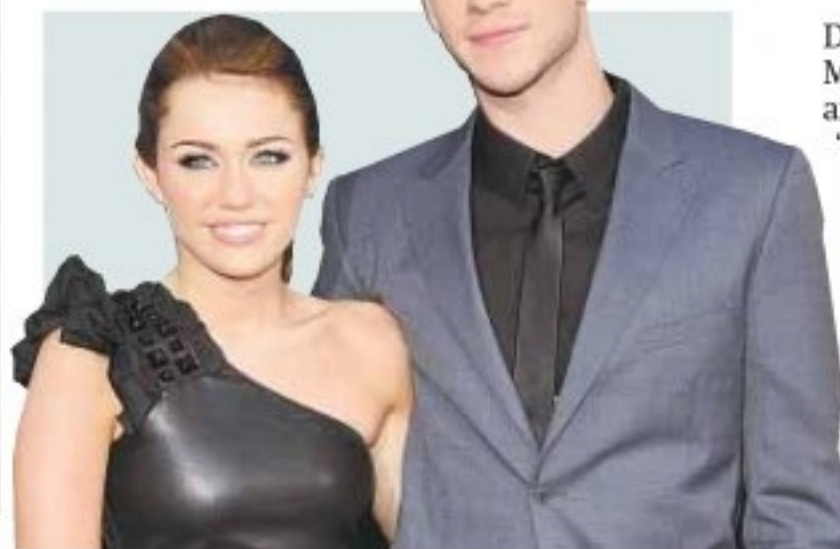
Today, Ewan McGregor has spent a bit too much time out in nature, Chris Colfer likes to go unnoticed and Craig Ferguson is learning all of California's dirty secrets.

@mcgregor_ewan: I'm so happy to be in a city. Melbourne I think I love you.

@chriscolfer: Hearing the Paramount security guard call me a "sneaky ninja" just. made. my. life!

@Craigyferg: The grass is greener in LA cause we paint it.

3 Cyrus and Hemsworth: Still together



Despite indications of trouble between Miley Cyrus and Liam Hemsworth, the pair are "still engaged," according to E! News.

"They live together. The wedding is not off," a source says. "You can't postpone a wedding that never had a date in the first place. Their plan all along was to wait a couple of years before even thinking about a date." As for the eyebrows Cyrus has raised by stepping out multiple times without her engagement ring? "She just doesn't wear it sometimes," the source adds. "People shouldn't read too much into that."

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'M' is classic Landry: Naughty, glittery and larger than life

Theater review.

A strong cast and powerful production value breathe new life into a play about death.

"M" feels like a double dose of everything that's great about a Ryan Landry production.

Landry, the creator and driving force behind local cult favorite theater company the Gold Dust Orphans, not only spoofs the 1931 film-noir classic, but also uses it as framework for a blisteringly funny lampooning of the theater world. A Nazi-like director, absentee playwright, outlandish actors, stagehands, ushers and

If you go

'M'

Through April 28
Calderwood Pavilion at
the BCA
539 Tremont St.,
Boston
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www.huntington
theatre.org

Classic murder

mystery

For more than two decades, Ryan Landry has provided a series of critically acclaimed satires of film classics. His first conventional mainstay production, "M," is an adaptation of Fritz Lang's 1931 murder mystery.

a rather unappealing critic all make quite a show out of a play about putting on a show.

And since this is Landry at his best, you can expect men in drag, puppets, sequins, feathers, larger-than-life props, brilliant double entendres and enough naughtiness

to give Huntington Theatre Company subscribers plenty to talk about on the way home.

Only Landry could turn a story about a child killer into a crazy onstage romp at turns filled with laughter, moments of eerie discomfort



Larry Coen gives one of his finest performances to date as The Pig.

T. CHARLES ERICKSON

and even a bit of romance through a deftly wrought storyline and big, glittery song-and-dance numbers. Just when you think you've seen it all, something completely unexpected hits the stage.

Much of the fun in this production can be attributed to the earnestness of its ensemble. Larry Coen delivers one of his finest performances to date as The Pig (not to mention a couple of supporting roles). Laura Latrielle is equally impressive as Schlitz et. al., while David Drake is disturbingly funny as the aforementioned German director, Fritz.

Additionally, Ellen Adair perfectly captures the theat-

rical essence of The Woman, and Karen MacDonald (as the title M) proves, once again, that she can do no wrong onstage.

David Remedios' sound and music serve to enhance and bolster both the mystery and the silliness of the piece. Scott Martino's costumes are flawless and Jon Savage's set superb.

Director Caitlin Lowans nicely executes Landry's off-beat vision. Kudos to the Huntington Theatre Company for bringing it all to life.



NICK
DUSSAULT
letters@metro.us

TV watch list

REALITY

'I Was Murdered'

This true-crime series is narrated by the fictionalized voices of the victim, which really makes it a not-exactly-reality show. SERIES PREMIERE, 10 P.M., ID

REALITY

'My Crazy Obsession'

Tonight's episode explores a deep-seated obsession with condiments. DVR it, and ketchup later. 10 P.M., TLC

REALITY

'World's Weirdest'

Tonight, catch animals behaving badly. Please, let a hippo toss a martini in a giraffe's face. 9 P.M., NAT GEO WILD

REALITY

'True Life'

Watch as many shows like this as you can, just in case TV execs run out of weird people. 11 P.M., MTV

REALITY

'American Idol'

Tune in to see the finalists compete, and also to see who might star in off-Broadway shows next year. 8 P.M., FOX NATALIE SHURE

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Netflix subscriptions surge off of new viewer buzz

Tech. The company scores more than a few new users thanks to original new shows.

Netflix added three million subscribers to its streaming video service in the first quarter, bringing the total number to 36 million viewers, the company reported on Monday. Those viewers streamed four billion hours of programming during the quarter.

The increase prompted a surge in after-hours trading for the stock, which broke \$200 for the first time since 2011. Revenues for the quarter also broke \$1 billion in revenues and reported earnings per share of \$0.32 — higher than analysts had predicted.

In a letter to shareholders, CEO Reed Hastings and CFO David Wells credited the original series "House of Cards" with giving Netflix some social media buzz. "The global viewing and high level of en-



The online streaming giant just got bigger. / MASHABLE

By the numbers

36M

Total number of Netflix viewers, according to the company

gagement with the show increased our confidence in our ability to pick shows Netflix members will embrace and to pick partners skilled at delivering a great series," they wrote. "The high level of viewer satisfaction implies we are able to target the right

audience without the benefit of existing broadcast or cable viewing data and the strong viewing across all our markets gives us faith in our ability to create global content brands in a cost-effective, efficient way." Fewer than 8,000 people took advantage of a free trial to watch the show and then cancel, according to the letter.

Several more original series are planned for streaming, including "Arrested Development" and "Derek," which it describes "as a 'heartfelt, funny look at life in a senior center from Ricky Gervais.'" The company, which added one million new streaming subscribers in markets outside the U.S., plans to announce expansion into a yet-unnamed European market during its call with analysts Monday afternoon.

TODD WASSERMAN FOR
Mashable
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theater & arts guide

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Babymaking tips

Fertility. Your mind-set might make the difference.

If you're having trouble conceiving, you're not alone — approximately 6.1 million women in the U.S., or 10 percent of the population — struggle with infertility, according to the CDC. National Infertility Awareness Week (Apr. 21-27) seeks to raise awareness of this issue with events across the country like seminars, fertility consultations, walks and support groups. Women's health expert Dr. Donnica L. Moore, a spokesperson for the Clearblue ovulation test, says that some problems in conceiving can be avoided. She gave us her preconception checklist:

Be patient. "Women erroneously think that once they

stop taking birth control, voila! They will become pregnant. It can happen, but generally the hormones have to settle down."

Mark your calendar. "There are four or five days when a woman is most likely to conceive. The time of ovulation and a few days before is when couples need to plan to have intercourse. That's where Clearblue come in. It checks the LH surge [a rise in luteinizing hormone, which happens right before ovulation starts]."

Enjoy sex. "Procreational sex is very different from recreational sex and it puts a lot of stress on couples. That stress makes you less likely to want to have sex, and it becomes a vicious cycle."

LINDA CLARKE
letters@metro.us

What to eat for a baby

"A healthy diet is critical to women seeking to conceive as well as those who are pregnant or breastfeeding," says Dr. Victoria Maizes, author of "Be Fruitful: The Essential Guide to Maximizing Fertility and Giving Birth to a Healthy Child." She recommends the following:

- **Fill up on fish.** "Fish are an important part of a healthy diet during preconception and pregnancy," she says. "Fish not only contain high-quality protein, they're the best source of omega-3 fatty acids. Wild salmon, sardines and herring are the richest dietary sources. Due to mercury contamination, avoid shark, swordfish, tilefish and king mackerel completely, and limit albacore tuna to once a week."
- **Opt for organic.** "The pesticide residues in conventionally

grown vegetables, fruits and meat can distort normal hormonal function and increase the risk that your child could suffer from learning disabilities and childhood cancers."

- **Minimize meat.** "A nurses' study [showed] vegetable protein reduces infertility and animal protein increases it. Adding one serving per day of red meat, chicken or turkey increased the risk of ovulatory infertility by nearly one-third. Fish or eggs did not alter the risk."
- **Ditch low-fat dairy — really!** "Drinking or eating whole-fat dairy products is associated with a lower risk of infertility. This may be due to the way the hormonal balance shifts when we remove milk fat to make low-fat or nonfat milk products."



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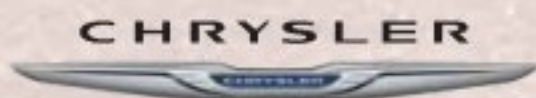
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5 HEALING FOODS TO HELP COMBAT YOUR NEXT MIGRAINE

If you suffer from migraine headaches, you don't need me to tell you that they're downright lousy and debilitating. While there's no magical food cure for an aching head, there are foods rich in certain ingredients that have been shown to reduce the intensity, duration and frequency. Here are a few superstars to know about.

Ginger tea

Ginger is an herb that can help prevent migraines and may even help relieve pain after you've been hit with one. You can buy one of the mainstream brands that make ginger tea, or you can easily prepare your own homemade version by cutting fresh ginger into thin strips and boiling with water

for about five minutes. And with warmer weather right around the corner, try pouring your tea over some ice for a cool, refreshing version. Bonus: The water helps to keep you hydrated, which is incredibly important since dehydration is a common migraine trigger.

Quinoa

This tasty ancient grain can help combat migraines because it's a terrific source of magnesium (one cup cooked provides 30 percent of your daily requirement). Research shows that a diet high in magnesium can help prevent all kinds of migraines, but particularly menstrual migraines. The best part about quinoa? Although it's tricky

to pronounce (it's keen-wah), it's super simple to make. Just boil it in water or low-sodium broth for about 20 minutes and season it up with your favorite herbs and spices. Enjoy this yummy grain plain, turn it into a pilaf with chopped carrots or eat it as hot cereal (like oatmeal). In the Bauer house we make "Breakfast Quinoa Parfaits" with cold dinner leftovers. Just top cooked quinoa with a dollop of Greek yogurt, some toasted sunflower seeds and chopped fruit (like apples, grapes or berries). Yum!

— For smart health information, follow Joy on Twitter (@joybauer), Facebook (facebook.com/joylbauer) and Pinterest (pinterest.com/joybauerhealth). And visit her website, www.joybauer.com!

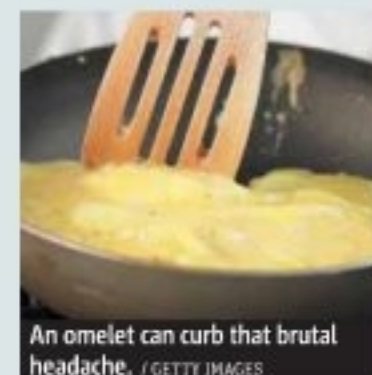


Make a mug of migraine-fighting tea by adding ginger to boiling water.

GETTY IMAGES

Eggs, spinach, and mushrooms

These three powerhouses are excellent sources of riboflavin (also called vitamin B2). This vitamin is necessary for the body's production of energy at the cellular level and some research suggests that people with migraines may have a genetic defect that makes it difficult for their cells to maintain energy reserves. Prepare a two-egg omelet with a half-cup each of cooked spinach and mush-



An omelet can curb that brutal headache. / GETTY IMAGES

rooms, and you're ingesting two-thirds of your daily requirement for riboflavin. Easy and delish!

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RESULTS WITHIN WEEKS

Walking for at least thirty minutes a day — that's about 1.5 to 2 miles, depending on your speed — is great for your heart and your waist. Within weeks, you'll notice your clothes fit better, and you may lose weight. It's easy to get started — add walking into your day by:

- Walking instead of driving to the place where you are going
- Parking the car further from the door of your apartment, home or office building
- If you take the bus or train to your home or work, getting off a stop earlier
- Taking the stairs instead of the elevator, or using the restroom on another floor.

STEP IT UP FOR YOUR FAVORITE CAUSE

At BMC HealthNet Plan, we also recognize that while it feels great to take care of yourself, it feels even better when you join a friend for a walk, run, or bike ride that supports a local cause. So, to help you with your efforts to get and stay well this spring while generating awareness and funds for your favorite charity, we've created the "Healthy Activities" resource section within our online Wellness Center, in the Living Healthy section at ChooseBMCHP.org. You'll also find flyers there on how to *Walk Wisely* and *Why You Should Walk it Off!*

WHY SPRING IS THE IDEAL WALKING SEASON

- It's not too hot, and not too cold
- Spring flowers!
- Gets you started on healthy behaviors you can keep going all year
- Lots of great Boston area local walks — like Project Bread's Walk for Hunger on May 5 and the March of Dimes March for Babies on May 11.



Is your sunscreen keeping you sun safe?

Dana-Farber Cancer Institute offer tips for protection from the sun

As the weather grows warmer, people's thoughts

turn to outdoor activities and enjoying the sun. Dana-Farber Cancer Institute encourages people to avoid the dangers of overexposure to the sun when they are outside, whether they are spending a day at the beach or a few hours working in their yard.

Sunscreen is an important first line of protection against sun exposure, but experts warn that some of the ingredients can lose their effectiveness over time. Bottles that have been sitting on the shelf for more than a year may not provide adequate protection.

Dana-Farber cautions to remember to look at the expiration date on the bottle of sun block. In general, if your sunscreen

does not have an expiration date, it is recommended that you change your bottle of sun block yearly.

Prevention and early detection are critical to reducing the dangers of skin cancer and melanoma.

Warm weather is a great motivator for people to get outside and reap the health benefits of being more active. At the same time, it is important that people protect themselves from the sun and make themselves aware of the signs and symptoms of skin cancer and melanoma to greatly reduce their risk of developing these preventable but dangerous diseases.

Along with replacing sunscreen yearly, here are other sun safety tips to remember:

- Apply a sun block with a rating of SPF 15 or higher;
- Reapply sun block every two hours, and immediately after swimming or heavy perspiration;
- Provide additional protection by wearing a broad rimmed hat, sunglasses, long-sleeved shirts and pants; and
- Avoid excessive exposure to the sun, especially during the peak hours of 10 a.m. to 4 p.m.

The American Cancer Society estimates that more than 3.5 million cases of basal and squamous cell skin cancer are diagnosed in this country each year. Melanoma, the most serious type of skin cancer, will account for more than 76,600 cases of skin cancer in 2013.

Melanoma can be hereditary; people with family members who have had melanoma are at a higher risk of developing the disease. Certain types of moles, excessive sun exposure

and sunburns can also increase a person's risk of developing not only melanoma but other skin cancers as well.

Skin cancers present a range of symptoms. Basal cell carcinomas usually appear as flat, firm, pale areas or as small, raised, pink or red waxy areas. Squamous cell cancer may appear as lumps with rough surfaces or as flat, red patches that grow slowly. Melanoma symptoms include changes on the skin, including new spots or moles or existing spots or moles that change in shape, size and color.

Recognizing changes on the skin is key for early detection and treatment of skin cancers. The American Cancer Society recommends using the ABCD rule to help determine when a skin or mole change should be seen by a physician:

- **A for asymmetry:** one half is differently shaped than the other
- **B for border irregularity:** jagged or blurred edges
- **C for color:** the pigmentation may not be consistent
- **D for diameter:** moles greater than six millimeters (the size of a pencil eraser)

People who experience any of these symptoms should notify their physician immediately. Some skin cancers can be treated in a physician's office; malignant melanoma may involve more complex care, including surgery and radiation therapy.

For more information about skin cancer, visit www.dana-farber.org/skin-cancer.

Dana-Farber's

May 2013

Site	
Wednesday 8	Joseph Smith Community Health Center –Allston
Tuesday 14	Bowdoin Street Health Center
Wednesday 15	Martha Eliot Health Center
Tuesday 21	Whittier Street Health Center
Wednesday 22	Neponset Health Center
Tuesday 28	Bowdoin Street Health Center
Wednesday 29	Joseph Smith Community Health Center- Waltham
Thursday 30	Brockton Neighborhood Health Center

June 2013

Site	
Tuesday 4	Manet Community Health Center – Snug Harbor
Wednesday 5	Joseph Smith Community Health Center –Allston
Thursday 6	The Dimock Center
Tuesday 11	Bowdoin Street Health Center
Wednesday 12	South End Community Health Center
Tuesday 18	Whittier Street Health Center
Wednesday 19	Harvard Street Neighborhood Health Center
Thursday 20	Southern Jamaica Plain Health Center
Tuesday 25	Bowdoin Street Health Center
Wednesday 26	Joseph Smith Community Health Center- Waltham

Mammography Van

Dana-Farber's Mammography Van brings state-of-the-art breast cancer screening to the women of Greater Boston.

To learn more or schedule an appointment, please call 617-632-1974.

Visit us on the Web at www.dana-farber.org/mammographyvan.

Dana-Farber's Mammography Van is managed by Dana-Farber Cancer Institute's Mobile Health program and possesses a valid license and certificate of inspection issued by the Massachusetts Department of Public Health

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LASIK & Beyond

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NASA-Approved LASIK - Our all-laser, bladeless LASIK at New England Eye Center has greatly improved results and helped take the fear out of having LASIK. The vast majority of our LASIK and PRK patients now achieve 20/20 vision at distance without glasses or contact lenses. Our method of LASIK is the same type approved for NASA astronauts and military pilots.

Implantable Contact Lens - New England Eye Center is among a select group of practices in the country offering patients the benefits of the Visian Implantable Collamer Lens (ICL). Unlike LASIK, the Visian corrects vision by inserting a delicate intraocular lens-like device atop the eye's natural lens, which is why the Visian is also referred to as the 'Implantable Contact Lens.' All of the refractive surgeons at New England Eye Center are qualified and experienced in performing this brief outpatient procedure to insert the Visian ICL. Because no corneal or other tissue is removed in the Visian ICL procedure, visual recovery is extremely rapid and the ICL can potentially be replaced if the eye's focus changes over time.

Refractive Lens Exchange - If you're frustrated with reading glasses and bifocals, our refractive specialists perform a procedure known as Refractive Lens Exchange. By replacing your eye's aging natural lens with a Intraocular Lens Implant customized specifically for your visual needs – and your lifestyle – allowing you to see better, look younger and never have to worry about developing cataracts!

Laser Cataract Surgery - For seniors experiencing changes in their vision – or who have been diagnosed with a cataract – New England Eye Center is turning the dream of Laser Cataract Surgery into reality. We are currently among only the top 3% of practices in the country to offer patients the added precision and accuracy of Laser Cataract Surgery using OptiMedica® Catalys™ Precision Laser System.

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Tufts Medical Center

New England Eye Center
Affiliated with Tufts University School of Medicine

With Diabetes, You Are What You Eat



If you have diabetes, the choices you make at every meal could mean the difference between good health and serious health problems.

Diabetes affects 25.8 million U.S. children and adults, and about three times that number are at risk of developing diabetes,

according to the American Diabetes Association (ADA).

Diabetes is a condition where there is too much sugar (glucose) in your blood because your body does not produce enough insulin. Insulin is a hormone that is needed to change sugar, starches, and other

food into energy needed for daily life.

To make sure that your body gets the energy it needs to function, you need to know how to be smart about your diet. Food choices have a major impact on your quality of life when you are living with diabetes.

Eating smart, dropping a few pounds, and getting more active has many health benefits. You can lower your blood sugar, decrease your chances of getting diabetes or high blood pressure, and reduce your need for medications. You can even lower the chances of heart attack, stroke, or kidney disease.

Small changes can have a significant impact on your overall health. It's never easy, but it begins with eating smart:

- Cut out the high calorie low nutrition foods like sugary soft drinks, or replace them with a diet drink

- Reduce starchy, fatty, salty snack foods, and ask a partner or family member to serve you so you both keep track of what you are eating

- If you aren't willing to cut out both the cheeseburger and French fries, keep the burger, and quit the fries, or cut the portions in half

As you adjust to some of these initial changes, you can take bigger steps. To keep your meals healthy, you need to control the amount you eat and the types of foods you eat. It doesn't have to be difficult. Try using the "rule of three" and a 9-inch plate. Fill half the plate with non-starchy vegetables like broccoli or spinach, one quarter of the plate with starchy food like whole grain bread or pasta, and the last quarter of the plate with meat or some other protein. Add an eight-ounce glass of low-fat milk

and a half cup of fruit and you have a very filling, healthy meal.

Using the "rule of three" every day along with some moderate exercise will help you to lose weight and maintain a healthy lifestyle. Keeping your weight down will also help you control your blood pressure.

Paying attention to your diet will, over time, help maintain the health of blood vessels, and can help you avoid the problems many people with diabetes face when the blood vessels and circulation are damaged – the risk of blindness, kidney failure, heart attack, stroke, chronic pain, and infections.

Live well with diabetes by keeping your body healthy. To work towards good health, exercise moderately, keep your blood pressure under control, take your medications, don't smoke, and be smart about your diet!

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The Simmons post-master's DNP program develops nursing leaders who will improve healthcare outcomes in clinical practice, research and management. Accredited by the Commission on Collegiate Nursing Education (CCNE) the Simmons DNP is offered in a hybrid format.

Our curriculum has been developed with the AACN Essentials as our organizing framework. While our students are all accomplished advanced practice nurses, courses are designed to enhance clinical leadership skills, research competencies, informatics, policy analysis and ethics and legal perspectives. The capstone project allows students to implement practice change in order to improve patient care. Faculty work closely with students to design a project that is meaningful for their practice interests.

The DNP degree prepares professionals for work in a range of settings. Recent graduates have assumed new roles in their previous or new settings including Clinical Director at a large multi-site Primary Care Practice, Director of Palliative Care Services, Clinical Director of Geriatric Services at a National Senior life organization, Clinical Faculty and Patient Care Coordinator at a large tertiary care hospital in Boston. All of our alumni have continued clinical practice while assuming clinical leadership roles and have advanced practice changes through their capstone work, leadership roles and clinical research skills.

One of our recent DNP graduates said this about our program: The program is rigorous and when you get accepted, you know that. You feel honored that you were among the chosen." Janet Patterson, '12 DNP.

Students may apply to either the DNP in Practice Leadership or the FNP/DNP. The GRE is not required for application. Individuals may take one courses as non-degree before applying.

To learn more, attend one of our Information Sessions www.simmons.edu/admission/events. For information about applying, call 617-521-2605 or visit our website <http://www.simmons.edu/snhs/programs/nursing/dnp/index.php>. For program information, contact Dr. Patricia White at patricia.white@simmons.edu

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MASSACHUSETTS PROSTATE CANCER COALITION

FOR IMMEDIATE RELEASE

April 4, 2013, Contact: Luci Chalian
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Prostate Cancer Symposium Set for May 17 at Marriott Newton

Public Invited Free of Charge to Hear from Leading Prostate Cancer Specialists on
Treatment, Management, and Research

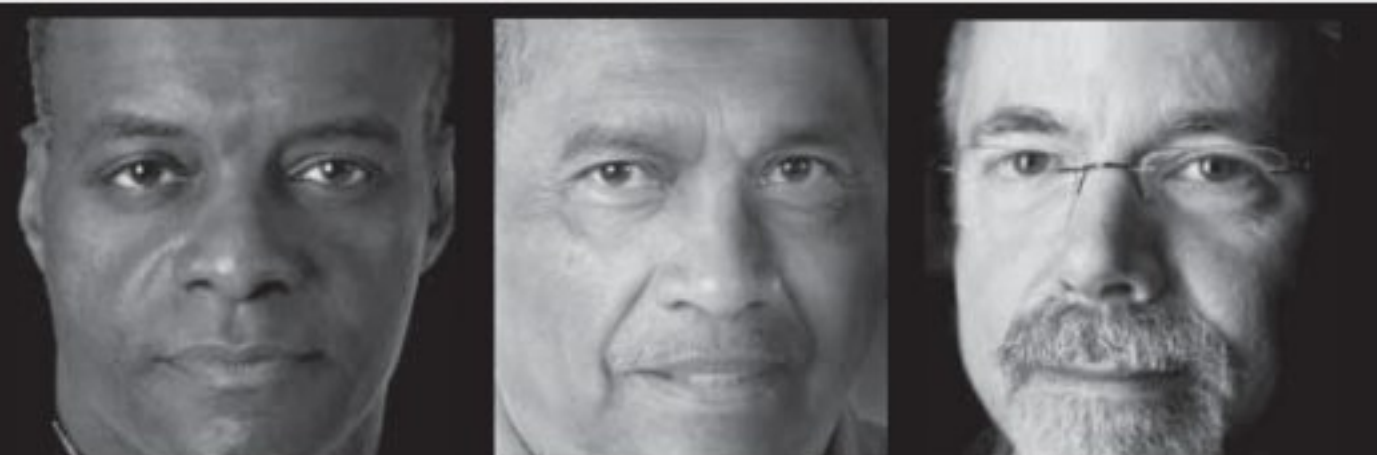
(Boston, MA) - The 16th Annual Massachusetts Prostate Cancer Symposium will be held on Friday, May 17 at the Boston Marriott Newton, 2345 Commonwealth Avenue, in Newton, MA. Welcome and general sessions for attendees will kick-off at 8:30am with a keynote address from Peter Albertsen, MD, discussing PSA screening to help physicians and patients understand why there is controversy surrounding the testing. New this year, there will also be a pre-symposium session beginning at 7:30 a.m. for medical professionals presented by Levi Garraway, MD, from the Broad Institute of Harvard and MIT. This session will eligible for CME credits.

The event is presented by the Massachusetts Prostate Cancer Coalition (MPCC) and is offered free of charge. Parking is also complimentary.

"One in six men will be diagnosed with prostate cancer during their lifetime. This year in Massachusetts another 4,820 new cases will be diagnosed," said MPCC's Executive Director, Sanford E. Jeames. "We are a statewide non-profit organization dedicated to providing timely information and education on prostate cancer for newly diagnosed individuals, survivors, men-at-risk, and their families as well as for health care professionals." To learn more about MPCC and register online visit www.masspcc.org or call 617.482.3044.

Concurrent educational sessions throughout the symposium will cover a range of topics, including but not limited to: new FDA approved drugs for advanced prostate cancer, new testing options being investigated for screening and identification, advances in treatment paradigms, managing side effects, nutrition and wellness, and prostate cancer advocacy. Mark Hedstrom, Director of Movember, will be the closing note luncheon speaker. Movember is responsible for the sprouting of mustaches on thousands of men to raise awareness and funds for men's health issues, specifically prostate and testicular cancer initiatives.

In addition, Matthew R. Smith, MD, PhD will be receiving the Jack Colbert Memorial Award. This award is given to a distinguished individual who has significantly advanced the fight to conquer and cure prostate cancer through research and/or practice. Dr. Smith is Director of the Genitourinary Oncology Program at Massachusetts General Hospital Cancer Center and an Associate Professor of Medicine at Harvard Medical School.



If you are newly diagnosed, a survivor,
or at risk ... don't miss this event!

16TH ANNUAL MASSACHUSETTS PROSTATE CANCER SYMPOSIUM

Friday, May 17, 2013

7:30 a.m. to 2:00 p.m., Marriott Newton Hotel

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Holly Glen up close

Real estate. Housing complex targets young professionals who don't have time to fuss over a house.

The homes that will make up Holly Glen in Burlington are designed to appeal to everyone, of course. But Steve McKenna of Bowes Real Estate, which is handling the sales of the new development thinks that these single family houses have particular appeal to young urbanites in search of more space — and maybe even a garden.

"Especially those working in Burlington's technology belt," adds McKenna. "These homes are perfect for people who perhaps work all the time and are very career dedicated, because everything is done for them and they can spend their downtime doing things they like to do, not chores."



Here's a rendering of a Holly Glen home. / ARTFORM HOME PLANS

By that, McKenna means maintenance of the development imagined as a "village" such as snow removal and leaf sweeping is taken care of via the Holly Glen Homeowners Association. Set off Muller Road, Holly Glen's grand opening last Saturday offered potential buyers the first opportunity to pick from

renderings of eight different layouts. The two- and three-bedroom homes range from 1,900 to 2,800 square feet and include two-car garages, gardens and decks. Buyers are able to customize the build-out, too. The first homes should be completed by fall.

"These come at a good time, when home inventory is

low," adds McKenna. "Couples who are thinking of selling, say, their condo, can plan ahead: Just put down a deposit and have somewhere to go." For pricing and more info, visit www.hollyglenhomes.com



LINDA LABAN
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Living in Burlington

Facials, flicks and food

Harvard Square's Pyara Spa and Salon has a sister Aveda day spa, Pyara Burlington, on the Middlesex Turnpike (www.pyaraaveda.com) while the huge multiplex just off the Turnpike scratches Hollywood itches. For casual, to-go snacking, the area boasts not one but two Clover food trucks (www.cloverfoodlab.com) — plus Clover's first suburban storefront in Burlington Marketplace Plaza will be opening in late May. Or stop by Bobby's Burger Palace, recently opened in Burlington Mall, Bobby Flay's first Massachusetts location. For finer dining try garden-to-table eatery Summer Winter on Burlington Mall Road or, tucked away on Cambridge Street, hidden gem L'Andana, the sister restaurant to Boston's Mistril, which serves Italian classics in a beautiful setting.



PLUS

Mass. home sales

According to a monthly residential real estate market report from the Warren Group — a Boston firm that tracks local real estate data — Massachusetts home sales dropped in March because of a shortage of homes on the market. A recent Globe story noted that a common pattern has been emerging this spring: There are too many potential buyers and too few sellers, resulting in bidding battles in many Boston-area neighborhoods. BOSTON.COM

The Boston Home Center

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Could Anyone Find Your Will?

By Attorney
George Warshaw

In light of the recent Marathon calamity, one has to pay attention to one's will. First, you have to prepare one. Then you have to preserve it. Could anyone find it if you were not around?

"It's in the safe deposit box?"

"It's in the sock drawer?"

"Maybe the lawyer has it?"

While a safe deposit box seems like a good idea to put the will, it's not easy for others to access to it. If someone else's name isn't also on the box then someone will need authority from a court to open the safe deposit box.

There's another place you can store a will that is cheap and easy.

Try the Registry of Probate.

In our office, we hold the original will for 12 months in case someone wants to make any changes or updates. Then we file the will with the Probate Court.

Since most changes or corrections are made in the first year, it's not likely to change for several years and the will can be easily retrieved for updating.

If the person later dies, the Probate Court checks its storage records when an estate is filed.

So if you want to find it when you need it, consider using the Probate Court instead of a safe deposit box or your sock drawer!
© 2013 George Warshaw.



George Warshaw is a well-known attorney and author. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts, and estate plans. George welcomes new clients and questions. Contact him at metro@warshawlaw.com.

Doing it yourself, one room at a time

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5/1 jumbo ARM	3.125	0.000	\$967	20%	3.008

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Decor. Give your home a fresh look with these easy DIY fixes.

Pretend you're walking into your home for the first time. Chances are, once you take that mental step back, you'll notice cluttered spots and outdated decor that could use freshening up. Rather than overwhelm yourself with a whole house overhaul, start making small, easy changes one room at a time. You won't spread yourself — or your wallet — too thin.

Bathroom: Make your bathroom swankier by displaying everyday items in glass. Use Mason jars, sugar kegs or even old jam jars to hold your cotton swabs, cotton balls and toothbrush.

If your linen closet is overflowing, and perhaps a little musty, too, air out and display clean towels, rolled up, in a basket or recycled wooden crate. And if all else fails, it's shocking what a fresh shower curtain can do to shift the bathroom's style.

Kitchen: Even the best kitchens are sometimes lacking in countertop space. Free up some of that precious commodity by giving everything on the counter a new home. Start with a wall-hanging spice rack, which you can build, buy or upcycle from old shelves.

If you have a bulky, cylindrical container on your



Repurpose old jars to brighten up your bathroom. / CREATAS IMAGES

Tip

Don't throw that out!

During all of this updating and remodeling, it's easy to absentmindedly trash anything that doesn't have an immediate purpose. You might want to hold off, though. Before you dump

that empty glass jar, consider giving it new life as a DIY snow globe or tiny terrarium.

The head of a rusty metal rake just needs a thorough cleaning before nailing it to the wall and using it as an Americana-style piece to hold keys, necklaces or dish towels.

countertop that holds large utensils, transfer them to a wall-mounted flower pot.

Bedroom: Time to redo the core of this room: the bed. New sheets and a mountain of matching pillows are great, but if you want to get your hands dirty, try creating your own headboard. It only takes a tiny bit of sewing to create a slipcover for your current

headboard, and you can set the tone for the whole room.

If you're looking for something more rustic, see if you can dig up weathered wood. Paint and sand an old door or shutters to match the room's theme and mount it behind the bed frame.

JULIA WEST
letters@metro.us



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Horoscope

Taurus | April 21 - May 21.
It behooves you to get in touch with someone you recently met whom you'd like to know better. Something very nice could come about through this relationship.

Gemini | May 22 - June 20.
People will likely be responsive to your needs. Politely express yourself if you find that you need assistance of any kind.

Cancer | June 21 - July 22.
Try to pal around with a friend whose ideas are compatible with yours. Conditions are excellent for both of you to gain something.

Leo | July 23 - Aug. 22.
Even though you'll have little or no control over certain events, things should work out to your advantage. By the time the dust settles, your status will be enhanced.

Virgo | Aug. 23 - Sept. 22.
Don't be afraid to take a reasonable risk if conditions warrant it. Not only will your judgment be good, you're likely to advance an interest.

Libra | Sept. 23 - Oct. 22.
Any project that requires imagination and creativity should be your cup of tea. Should you find yourself teamed up with one who is equally as talented, the world will be your oyster.

Scorpio | Oct. 23 - Nov. 21.
A recent relationship is likely to take on much greater dimensions. Each party will begin to see the other in greater depth.

Sagittarius | Nov. 22 - Dec. 21.
Conditions that have a strong bearing upon your material well-being could be eccentric but positive. In fact, personal gain is likely.

Capricorn | Dec. 22 - Jan 20.
You should watch out for a rare opportunity to say exactly the right thing to the right person at the right time. You won't get a second chance at it.

Aquarius | Jan. 21 - Feb 18.
A financial development that has been looking to be disappointing could take a turn for the better. Significant gains for you could be on their way.

Pisces | Feb. 19 - March 20.
Yield to your restless urges, especially if they are directing you to get in touch with people you've been neglecting. You'll be glad you did.

Aries | March 21 - April 20.
When it comes to financial or commercial dealings, your instincts should be good. There will be no need to second-guess yourself.

BERNICE BEDE OSOL

Letters

A very Metro eyesight test

When I opened Metro this morning, I panicked for a moment, thinking I had started losing my sight, had a stroke or taken some psychedelic drugs. Olivia Wilde's printed dress was an awful backdrop to your Twitter feed on the Word, and I could barely make out the first half of the ACC blurb. C'mon, Metro, don't make me peer at my paper like an old person.

ANOUSKA BHATTACHARYA, VIA E-MAIL

Sugar and syrup does not a healthy snack make

Re: "Your popcorn craving just got more fun" (Metro, April 23) I hate to be the Grinch, but I was disappointed to read this article. Homemade popped popcorn (not from the bag) has always been a relatively healthy snack, especially when compared to the greasy Cheetos and creamy whoopie pies that it has to

compete against. Which is why it unnerved me to see a recipe for popcorn containing sugar, corn syrup, butter and vanilla. And worse, the article advertised the recipe by saying it was "more fun." Why is it more fun? Because we are making popcorn into greasy butter balls? And furthermore, this recipe is advertised for KIDS. I believe these popcorn balls taste good, I really do. But shouldn't we move forward, not backwards, and go against the grain by trying and come up with recipes that are healthier and still delicious? Like, for example, how

about some popcorn with a pinch of salt and some nutritional yeast sprinkled on top? I think it is the newspaper's AND the state's responsibility to promote healthier eating ideas/habits, especially toward our younger generation, when we see how many people suffer from problems including but not limited to obesity and heart disease.

SARA KAYEUM, VIA E-MAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

			6				2	3
		3				6		
4				3		5	9	1
	1		4				7	
6			2	5	1			8
	9				6		1	
1	7	4		9				2
		9				3		
2	3				4			

				2	1	5	6	8
2					7		9	4
	6			5				2
					4	1		
	2						3	
		4	5					
1				4			7	
8	4		6					1
7	3	2	1	9				

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

1 Agile
6 "The Banana Boat Song" (hyph.)
10 Bay Area valley
14 Edible bulb
15 Mountain pass info
16 Tied
17 Explained further
18 Advantage
19 Dull routine
20 Tijuana aunt
21 Soyuz experience (2 wds.)
24 Treats as holy
26 Wild T-shirt (hyph.)
27 Chemical suffix
28 Thin nails
30 Construction rig
33 Tremble with fear
34 KOA sights
37 Cash, in Pretoria
38 Wind about
39 Aim
40 Hankering
41 Bete —

42 Not shady
43 Bumper mishaps
44 "Yo!"
45 Most arid
48 Near the shore
52 Hunts down (3 wds.)
55 See — — glance
56 Low voice
57 Come unglued
58 Colorado resort
60 Convene
61 Align properly
62 — havoc
63 Alice's chronicler
64 Wallop
65 Cosmic principle

Down

1 Reluctant
2 Rajah's realm
3 Kind of wave
4 Garden tool
5 Gridiron part (2 wds.)
6 Caribou and elk

7 Designer — Gucci
8 Safecracker
9 Catch up
10 The jitters
11 Stay away from
12 Small-minded
13 In the blink of — —
22 Wool supplier
23 Staff member
25 Extend credit
28 Scottish accents
29 5-star review
30 Exclaim
31 — Dawn Chong
32 "That Girl" girl
33 Go cold turkey
34 Prez after Jimmy
35 Delivery truck
36 Stallone nickname
38 Twists out of shape
39 Fellows
41 Twig shelter
42 Seattle footballer
43 Explorer Hernando — —
44 Very popular

45 Acting class
46 Pencil-box item
47 PC chip maker
48 Inch along
49 Candle

50 First-stringers (hyph.)
51 Sri —
53 Tarzan's title
54 Water, to Pedro
59 Tijuana "Mrs."

Yesterday's answer

REACT	ZEST	HAHA
ARDOR	ETAS	EXES
FRAME	ROCKFALLS	
RAYONS	ADEPT	
REBATES	UTE	
EXUDES	REFERRAL	
PARED	EUROS	EMU
ACES	LIMNS	RIPS
STA	CANOE	TENET
TOUCHIER	COHERE	
LOUD	SPEEDER	
ALARM	IGUANA	
BACKPEDAL	ARABS	
ERIE	VEIL	ISLET
LADD	EENY	LEFTY



You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle. It's that easy!

1	2	3	4	5	6	7	8	9	10	11	12	13
14						15				16		
17						18				19		
20				21	22					23		
24			25					26				
			27				28	29				
30	31	32				33				34	35	36
37						38				39		
40				41					42			
				43					44			
45	46	47					48			49	50	51
52						53	54				55	
56						57				58	59	
60						61				62		
63						64				65		



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Napoli should benefit from Ortiz

MLB. Boston's first baseman already has 25 RBIs, and his numbers could rise higher with Papi back.

Red Sox first baseman Mike Napoli was already on a tear before designated hitter David Ortiz returned to the lineup late last week, but now that Ortiz is hitting in front of him, things now become a lot easier for the 31-year-old in his first season as a Red Sox.

In the first 15 games of

the season without Ortiz, Napoli hit fourth with Dustin Pedroia in the No. 3 spot, and any combination of players hitting behind him. With Ortiz having taken over the cleanup spot, the Red Sox have a more powerful heart of their order in Pedroia, Ortiz and Napoli.

"With David [Ortiz] hitting in front of him, I'm not going to say it makes opposing pitchers pitch differently to him, but he feels very comfortable in this ballpark," manager John Farrell said. "That has been proven over time. The fact that we're 19 games into the season and he

has 25 RBIs, he's doing exactly what we hoped he would do in the middle of the order."

Napoli has thrived with runners in scoring position to open the season. He was hitting .370 with four doubles, a home run and 19 RBIs when coming to the plate in that situation as of yesterday.

"It is nice hitting behind [Ortiz]. You get to watch his at-bat and see how the pitcher is," Napoli said. "I'm just going in there seeing the ball and hitting the ball."

RYAN HANNABLE
sports@metro.us



Mike Napoli already has 25 RBIs on the season. / GETTY IMAGES

WHEN IT COMES TO 'ATHLETE-SPEAK,' CONTEXT IS EVERYTHING

The night before David Ortiz declared Boston was "our [expletive] city" and gave some poor FCC employee a heart attack, Red Sox third baseman Will Middlebrooks took to the Twittersphere to express his excitement about the capture of Dzhokhar Tsarnaev, the second suspect in the Boston Marathon bombings.

@middlebrooks tweeted on April 19: "He'll forever be known as suspect #2 bc no one can pronounce his name #lfyjn-luvvswrhsweddhk"

The flippant tweet about the difficulty enunciating the suspect's name is sacrilegious at worst and a lapse in judgment at best. And the fact it has since been deleted suggests a retrospective admission from Middlebrooks, either on his own accord or at the Red Sox's request, that the remark was in poor taste. The following Monday, Bruins star Tyler Seguin found himself embroiled in controversy after his own mishap on Twitter.

@tylarseguin92 tweeted: "Just listened to the song in my bed. Gave me goosebumps no homo. My roommate and boy have some skills @freddybender @KnucklesNBS"

The predisposition to pick and choose what coaches and players can — and can't — say is an epidemic in the sports world. Ask Rick Pitino about who is (and isn't) walking through that door or Allen Iverson

Opinion

RYAN HADFIELD

SPORTS@METRO.US



Will Middlebrooks caught some flak this past week for a controversial tweet. / GETTY IMAGES

about the merits of practice. In their world, freedom of speech is a liability, not a liberty. But athletes aren't having dinner with your parents, dating your sister, watching your kids or passing bills in Congress. They jump and run. Win and lose. That's it. Production is king.

I've never met Seguin, but based on limited inter-

action with Middlebrooks, he seems like a gregarious dude. Someone you'd like to have a beer — or 12 — with. The 24-year-old is part of a Red Sox team that's changed the conversation on Yawkey Way from chicken, beer and "Halo" to baseball. Seguin is an All-Star and Stanley Cup champion. That's where each

fits into our lives. Nothing more, nothing less.

An athlete's social commentary speaks to awareness — or lack thereof — about what's going on in the world around him or her. Neither Seguin nor Middlebrooks covered himself in glory, but this isn't San Francisco 49ers cornerback Chris Culliver discouraging openly gay players in the NFL. The incessant spotlight of Twitter occasionally illuminates warts, 140 characters at a time. But you're telling me the fans at Madison Square Garden on Saturday who booed Paul Pierce during a ceremony to honor the victims of the tragedies in Boston weren't off-base either? Why hold athletes to a different standard than Joe Six-Pack? I learned long before Middlebrooks and Seguin hit the tweet button that people can be crass.

Yet media hordes wait for salacious sound clips just as much as insight into the games they cover. Twitter exacerbates this tendency. In the context of sports, these meltdowns provide perspective into a team's mental state, but playing "gotcha" journalism with an athlete commenting on current events or making an inappropriate remark makes as much sense as dissecting President Obama's NCAA tournament bracket. Context is everything.

Athlete speak

Playing "gotcha" journalism with an athlete commenting on current events or making inappropriate remarks makes as much sense as dissecting President Obama's NCAA tournament bracket.

3

SPORTS



Hey now

Heyward goes on DL

Braves outfielder Jason Heyward was placed on the 15-day DL yesterday after undergoing an appendectomy late Monday. The 23-year-old began experiencing stomach pains in Pittsburgh but as they became more serious, he went to a team trainer, who diagnosed the problem. He had his appendix removed upon arriving in Denver.

Back in Cleveland

Cavs bring back Brown

LeBron James isn't back in Cleveland, but the man who coached him there will be. According to ESPN, the Cavs agreed to a five-year, \$20 million deal with Mike Brown to bring him back as head coach. Brown coached the team to the playoffs in all five seasons he spent in Cleveland.

Patriots have long had need in the secondary

NFL Draft. The Patriots still need help in the secondary despite Aqib Talib and Adrian Wilson on board.

Pass defense has been a major issue for the New England Patriots for the past three seasons. Since 2010, the Patriots ranked 30th, 31st, and 29th, respectively, in the NFL in passing yards allowed.

You could say it's because teams throw more on them due to the Patriots often being ahead, but during their 2007 16-0 regular season, they ranked 12th in passing yards allowed. In the majority of those games, they were also ahead.

Here are three defensive

backs that the Patriots could target in the 2013 NFL Draft:

Jamar Taylor, Boise State: Taylor stands at 5-foot-11 and 192 pounds, and was one of the main reasons for Boise State's fourth-ranked passing defense in 2012. A stress fracture in his leg forced him to miss four games in 2011, but he returned for his bowl game where he returned an interception 100 yards for a touchdown. Taylor wasn't a big name nationally, but his stock has jumped over the last couple months. He's slated to go late first round.

Desmond Trufant, Washington: There's a lot to like about the 6-foot Trufant, but let's start with the fact that he already has two brothers in the NFL, both cornerbacks, in Marcus and Isaiah. Trufant obviously grew up in a football family, and Bill Belichick is one to put stock in NFL bloodlines. Most experts label him as a lockdown cornerback, one that is oftentimes left to handle his man one-on-one – and does. He's also a late-first candidate.

Tyrann Mathieu, LSU: He's the

wild card. Mathieu was once considered one of the top football players in all of college before drugs got in the way and got him kicked off the LSU squad. But Mathieu claims he's clean now, and the Pats may be willing to give him a shot. He's small – just 5-foot-9 – but plays bigger than that. Mathieu always seems to know where to be, and he's also valuable as a punt returner. Would the Pats gamble in the third round?



JIMMY TOSCANO
sports@metro.us



Tyrann Mathieu is one of the biggest wild cards in the 2013 NFL Draft. / GETTY IMAGES

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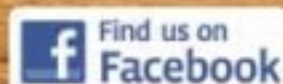


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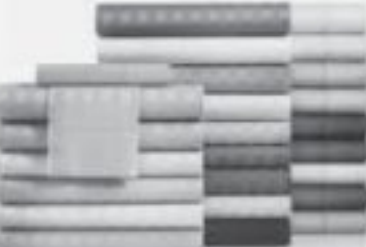
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